



COCHISE COUNTY JAIL MEDICAL
REQUEST FOR HEALTHCARE

Medical care will never be refused to any inmate

I request Healthcare services as follows (check one)

Sick Call Dentist Prescription Refill
 Mental Health Other (specify) Nutrition; Wt loss / Provider Sick call
Date: 8/11/19 Cell Location: S/F - 4

Inmate/Patient Name: Childs, Samantha Booking #: 19, 2472
112278 (Booking # not given)

Inmate / Patient Date of Birth: 12/15/1986

Please list any known drug allergies or circle NONE: PCL

SVFO4

Wt loss; diet & substitution.

Nature of Complaint:

Even for the doctor/Fat meals. Because I weight for now I am not in bed at S/F section. My issue/concern is the diet here. Since I am not in bed most, instead their purpose is to temporary hold inmates until arrant from care or transferred to court. Therefore they do not follow the same dietary guidelines as the jail itself. My issue is this: The meals here are packed & fat are rich. I'm concerned that I am losing wt and have zero energy along w/ leg cramps, dizziness and headaches. Outside of this (flip over)

By my signature below, I hereby indicate that I understand that I may be charged \$10.00 for Health care services obtained at my request, \$10.00 for each prescription, and a \$1.00 charge for each over-the counter medication. Those inmates who do not have any money in their account will be seen by the medical staff & a negative balance will be placed on the account. I understand that any charge for these services and/or prescriptions shall be withdrawn automatically from my trust fund account here at the Cochise County Jail. I will not receive a receipt for this withdrawal however; I may review the balance of my trust account as provided by facility procedures. In the event an inmate will not sign, please have an officer sign below in the witness signature spot.

Inmate/Patient's Signature

Date: 8/11/19

Witness Signature & call number

0920

Date: 08/11/2019

FAXED TO BISBEE JAIL MEDICAL 1442

08/11/2019

FAXED TO PISBCC JAIL

MEDICAL

08 11 2019

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CHILDS SAMANTHA

BKG 19-2472

#

112278

SVFO4

I want I live on a high protein & moderate carb diet with regular intake of carbs.

The diet I am on I have been given since incarcerated on the 1st is everything but that. The amount of protein is almost non-existent, and the carb intake is 90% of the diet. Carbs = sugar are do not equate to anything but short term energy when your sugar spikes are then plummets, each time lower and lower & no long term energy and I feel it. This says a lot considering I'm in a cell 23 out of 24 hours a day. My body is fatigued, I have zero energy and I can feel myself/are now

see HU losing weight very hard to get my wt over 100lbs and getting to 100bs was monumental. I do not feel that it is fair that my physical well being suffer because I am injected at a substance. The options here are not up to par & how I would prefer if I were in court and I would like the

dot that I am being fed constantly compared to that of which is seen in the j.

If possible + would like an increase in protein or decrease in carb loading

because the "yo-yo'ing" & to speak from the constant spiking/plummeting in my sugar/ is not proving to be beneficial to my health, even & adequate hydration on my part

An 10% wt gain/loss before being seen by medical is 11 lbs for me and would put me back under 100 lbs before being eligible by your policy. I would like to be evaluated now considering the small gap of my 5.22 are because I am already symptomatic. I also have yet to be seen for intake and have been here for almost 2 weeks and would like to make sure that I do not use 20.0 more weight before being seen for intake and having that weight used as my starting point or determination factor for what I am asking. Thank you.